



Our retreat for the month will begin at 6:30 a.m., and conclude by noon with a mid-day chanting service in honor of our Founder, Rev. Issan Dorsey. Afterwards, there will be tea and cookies for everyone. The day will feature periods of sitting (*zazen*) and walking (*kinhin*), a Dharma talk at 10 o'clock, and morning chanting service as well as some brief temple cleaning (*soji*). Our style is quite mild, so no one needs to fear that the day will be too difficult, and retreats such as we have at Hartford Street provide a great opportunity simply to settle more deeply and quietly into our practice of Buddha's Way. A simple breakfast will be served, but to join the meal you must

sign-up ahead-of-time, either by sending email to [hszc108@yahoo.com](mailto:hszc108@yahoo.com), or leaving a phone message at (415) 863-3507. We are asking for a donation of \$15 from non-members, and \$10 from members, but no one will be turned away because of lack of funds. Everyone is welcome.